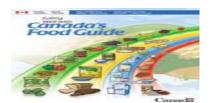
BLUE ELEPHANT DAYCARE: SPRING/SUMMER MENU 2024 (March 2024)



Week 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PATTERN					
Morning	Cereal, Fruit Milk	Yogurt, Fruit, Water	Semolina Porridge, Fruit,	Bread with Butter, Fruit Milk	Cereal, Fruit, Milk
Snack			Milk		
	Curried Chickpea	Veggie bean sloppy	Red lentil and veggie	Black beans with Rice and	Tofu Veggie Chow Mein
Lunch	Veggie Pasta Salad,	Joes	sauce with pasta, Milk	Spinach, Milk	Noodles,
	Milk	Milk			Milk
Afternoon	Crackers, Bananas,	Pita Chips with Fruit	Homemade Oatmeal	Vanilla Cake, Fruit, Water	Apple Wedges,
Snack	Water	Dip, Water	Cookies, Fruit, Water		Cinnamon Pita Chips,
					Water

Week 2

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit, Milk	Crackers, Fruit, Milk	Bread with Butter, Fruit and Milk	Semolina Porridge, Fruit , Milk	Cereal, Fruit, Milk
Lunch	Pasta with Bean Veggie sauce, (beans, carrots, onions, tomato sauce, garlic, Milk	Cucumber and Tomato, cheese sandwiches Milk	Chick Pea Curry, Green Peas, Pita bread, Milk	Chicken Veggie Fried Rice (green beans, carrots, onions, corn), milk	Vegetable Cheese Pizza, Milk
Afternoon Snack	Mini banana sandwiches, Water	Homemade Oatmeal Cookies, Fruit, Water	Vanilla Loaf, Fruit, Water	Dried Cereal, Fruit, Water	Pita pieces, Fruit yogurt dip, Water

Menus are egg free, fish and shell fish free and tree nut, nut and peanut free





MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PATTERN					
Morning	Cereal, Fruit, Milk	Yogurt, Fruit, Water	Buttered bread, Fruit,	Semolina Porridge, Fruit	Cereal, Fruit, Milk
snack			milk		
Lunch	Chicken Veggie Pasta (peas, carrots) Milk	Black Beans with Rice and Spinach, Milk	Tofu Veggie Chow Mein, Milk	Grilled Cheese Sandwiches with Green beans, Milk	Veggie lentil rice ,Milk
	Alternate: Vegetable pasta, milk				
Afternoon	Mini banana	Homemade Oatmeal	Cinnamon Pita chips,	Vanilla loaf, Fruit, Water	Homemade fruit pudding
snack	sandwiches, Water	Cookies, Fruit Water	Fruit, Water		with Crackers, Water

Week 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PATTERN					
Morning	Cereal, Fruit, Milk	Vermicelli, Fruit,	Semolina Porridge, Fruit,	Buttered bread, Fruit, Milk	Cereal, Fruit, Milk
Snack		Milk	Milk		
	Curried chicken, rice,	Mediterranean	Grilled Cheese Sandwiches	Tofu Veggie Fried Rice	Vegetable Cheese Pizza, Milk
Lunch	green peas, Milk	Pasta and Bean	with Green beans, Milk	(green beans, carrots,	
		Salad with Veggies		onions, corn), milk	
	Alternate:	, Milk			
	Vegetables, Rice,				
	milk				
Afternoon	Bananas, Crackers,	Vanilla Cookies,	Homemade muffin, Fruit,	Veggie dip with Crackers,	Pita triangles, Fruit dip, Water
snack	Water	Fruit, Water	Water	Water	

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